

HEALTH BENEFITS E-NEWS

*Department of Human Resource Management
Office of Health Benefits*

August 17, 2017

Resources in the Wake of Recent Violence in Charlottesville

Recent tragic events in Charlottesville may impact employees in various ways. The state Employee Assistance Program has a number of resources available to help employees deal with this and other issues. While this tragedy affects us all, we know it has a significant impact on those living in and around the community and hope that this information will be useful to members in coping with it.

COVA Care and COVA HDHP members may access articles under *News For You* on the www.anthemEAP.com website. They include Coping with Crisis in the Media, Parts 1 & 2, Common Reactions After Trauma, Parts 1 & 2, and Coping with Trauma: How Families Can Be Supportive. Visit the website and use "Commonwealth of Virginia" (without the quotes) as the password. The *New York Times* has also posted [A Guide to the Violence in Charlottesville](#).

COVA HealthAware members have their EAP benefit through Aetna Resources For Living (ARFL). The attached document provides information and resources to assist members in dealing with this tumultuous event. In addition, members can always contact Aetna at 888-238-6232 for further assistance or access the EAP website at www.resourcesforliving.com, username COVA, password COVA.

Please do not reply to this e-mail. You may send inquiries to the Office of Health Benefits mailbox at ohb@dhrm.virginia.gov.